

# A Parents' Challenge

A Parents' Challenge is a simple way for parents to encourage their children to study math facts at home. A challenge is better than nagging or forcing. A challenge says to children, "Can you do this? Prove it!" Children then have an opportunity to prove something, to their parents, and to themselves. Parents are involved in a supportive role. It's up to children to study. When parents are interested and involved, children are more successful.

## Rewards and Celebrations

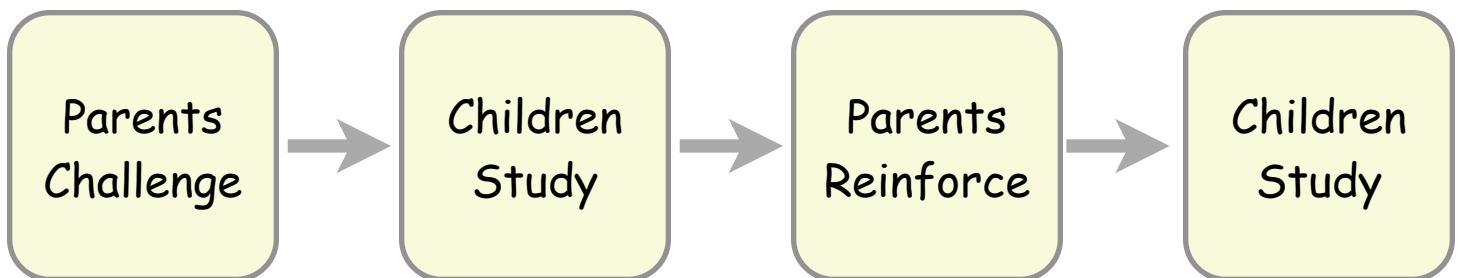
Rewards and celebrations can be motivating, encouraging, and reinforcing. Parents can recognize and reward progress and effort. The simplest rewards encourage and reinforce studying. This increases the chances that children will continue to study.

Knowing basic math facts is crucial to success in math. The best way to learn these facts is for children to study at home, for a few minutes every day. You do not study with them. This is something they do on their own. You can encourage them, and pay attention to their progress.

## Help your child set an alarm.

When forming a habit, it's best to do the activity at the same time each day. It helps to attach the new habit to something the child does every day, like eating dinner. Right before or after dinner is a great time. The alarm reminds them to study. If they do not study by a certain time, you can remind them.

Rewards and celebrations can be a treat, like a cookie, a hug or a high-five. The simplest rewards both encourage and reinforce studying. They increase the chances that the child will study again tomorrow.



## Considerable Benefits

The challenge, the practice charts, and encouragement from parents lead to a home study habit. Children develop grit and perseverance. Children learn to see incorrect answers as part of learning. Children learn to see setbacks and failures as part of growing. Children learn to focus and concentrate. Children thrive from their parents' encouragement. Children will be more confident when they face future challenges.

# More Challenges

Challenges set the stage for children to study on their own, and for parents to encourage them. You can challenge children to remember to study, without being reminded. See the example below. You can also challenge children to reach achievement goals.

## Short-Term Achievement Goals

- By the end of the week, answer all eight facts, without counting.
- By the end of the week, answer all ten facts in less than 30 seconds.

## Long-Term Achievement Goals

- Answer all 28 essential addition facts correctly, with a three-second time limit per fact.
- Complete The Math Facts Mad Dash, answering all 28 essential multiplication facts correctly, with a seven-second time limit.

## Encourage

I like how the word encourage includes the word courage. Our support gives children courage. Here are some examples of statements that encourage.

This is the fourth day in a row you remembered to study without a reminder. Impressive!

Last week you did not know  $5 + 7 = 12$ . Now you can answer it in less than a second! Well done!

I was watching you study. You were totally focused. You have a great game face.

You didn't study today. It's the first day you missed this week. That makes tomorrow an important day.

You didn't reach your goal this week. Do you think you can make it next week? I think you can.

Would you like to run The Math Facts Mad Dash with me?

I was talking to Auntie Jean. I told her how hard you are studying, and how much progress you are making.

If you practice baseball as well as you study, you are going to be a great player.

Who is doing the challenging?

I, \_\_\_\_\_, challenge

Who is being challenged?

Child: \_\_\_\_\_

What is the challenge?

To study for: 1 2 3 4 5 6 7 days.

Reminders allowed: 0 1 2 3

Circle your choices.

Option: Reward or Celebration

Reward or Celebration: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

See the next page for more challenge forms.

I, \_\_\_\_\_, challenge

to: \_\_\_\_\_

Reward or Celebration: \_\_\_\_\_

I, \_\_\_\_\_, challenge

to: \_\_\_\_\_

Reward or Celebration: \_\_\_\_\_

I, \_\_\_\_\_, challenge

to: \_\_\_\_\_

Reward or Celebration: \_\_\_\_\_

I, \_\_\_\_\_, challenge

to: \_\_\_\_\_

Reward or Celebration: \_\_\_\_\_